

Goji Berry

History

Goji berries grow on a spiny shrub in China. As legend goes, a community of elders living into their 90s and even past 100 years of age, all drank water from the same well. The Goji berries from the nearby shrub would ripen and fall into the well. A physician suggested that it was the water with the juice from the berries that allowed these people to live into late years. In the Asian culture, the berry is used to strengthen the muscles, protect from illness, revitalize skin, lengthen life, provide beauty, and improve vision.

The large majority of Goji berries are still grown in China but are being exported around the world. They are making appearances on grocery shelves in the United States. A shrub planted from a seed will produce fruit after two years, and make the most fruit during their fourth and fifth year. The berries are delicate and need to be hand-picked.

A Goji berry is small, red, and oblong. They are similar in size and shape to a currant. The Goji berries can be eaten much like any other berry. They are popular in their dried form, like a raisin. They can also be juiced. Goji berries are rich in vitamin C, which work to keep the body healthy and protect it from illness, such as the common cold. Their tangy sweet taste is a cross between a cranberry and a cherry.



Fun Facts

- The Goji berry is also called “wolfberry”
- Goji berries are closely related to tomatoes
- The berries turn black if they are bruised
- In the Himalayas, they are referred to as “the happy berry”



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